

**Abstract N°: 3727****Treatment of severe psoriasis with secukinumab-data from a real clinical practice in Bulgaria**

Ilko Bakardzhiev^{*1}, Gerorge Pehlivanov²

¹MU-Varna, Varna, Bulgaria

²MBAL" Vita", Sofia, Bulgaria

Introduction & Objectives:

Secukinumab, an IL-17A inhibitor, has been widely used for the treatment of moderate-to-severe plaque psoriasis. This summary presents real-world clinical practice data on the effectiveness and safety of secukinumab in 27 patients with psoriasis.

Materials & Methods:

A retrospective analysis was conducted on 27 patients with moderate-to-severe plaque psoriasis treated with secukinumab in our practice between 2017 and 2024. Patients were evaluated at baseline and followed up at 3, 6, and 12 months. The primary outcomes included the Psoriasis Area Severity Index (PASI) and Dermatology Life Quality Index (DLQI). Safety was assessed through the monitoring of adverse events as per the requirements of the good practice and the National system for reporting.

Results:

- **Effectiveness:**

- **PASI Scores:** Significant improvement was observed in PASI scores, with 60% of patients achieving PASI 90 (75% improvement) at 3 months, and 89% at 12 months.
- **DLQI Scores:** Patients reported substantial improvements in quality of life, with DLQI scores decreasing by an average of 10 points at 12 months.

- **Safety:**

- **Adverse Events:** Secukinumab was well-tolerated, with no serious adverse events reported. The most common side effects were mild and included nasopharyngitis and headache.
- **Discontinuation Rate:** No one of these 27 patients discontinued the treatment.

Conclusion:

Secukinumab has demonstrated significant efficacy in treating moderate-to-severe plaque psoriasis. Real-world evidence confirms that Cosentyx provides sustained skin clearance and improved quality of life for patients. In clinical practice, Cosentyx has shown consistent results, with high levels of skin clearance maintained for up to 7 years.

Our practice has shown that 84% of bio-naïve psoriasis patients remain on Secukinumab at month 12. Patients achieve and maintain high levels of skin clearance, with significant improvements in their quality of life.

Overall, Secukinumab has proven to be a reliable and effective treatment option for psoriasis, offering long-term safety and sustained efficacy in real clinical practice. Secukinumab is well-tolerated in real-world clinical practice, aligning with outcomes observed in randomized clinical trials.

